

# Chronic Disease Connections

An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

## Health Promotion is Newsworthy . . .

### **Recent public health achievements – decline in cardiovascular disease**

Hospitalization rates in the U.S. for acute cardiovascular disease and stroke have declined. Between 1999 and 2011, rates of hospitalization dropped 38 percent for heart attack, 30.5 percent for heart failure, and 33.6 percent for stroke. This improvement in rates is greater than that of other causes of hospitalizations. There are several possible reasons for these findings: 1) a rise in the use of statins; 2) improvements in the identification and treatment of high blood pressure; and 3) reductions in tobacco use. For the complete report and more information, visit [circ.ahajournals.org/content/early/2014/07/16/CIRCULATIONAHA.113.007787.full.pdf](http://circ.ahajournals.org/content/early/2014/07/16/CIRCULATIONAHA.113.007787.full.pdf).



### **Iowa climbs two spots in national health rankings**

The 26<sup>th</sup> annual America's Health Rankings report, compiled by the United Health Foundation, reports Iowa has climbed two places in the overall rankings to 22<sup>nd</sup> in the nation. Two areas of improvement include a decline in the percent of adults who smoke, and a decrease in the percent of people who are physically inactive. One challenge identified is adolescent immunization. Iowa ranked only 44<sup>th</sup> in the nation for the adolescents who had received HPV, MCV4, and Tdap vaccines. Adolescents typically only go their provider when ill and therefore lack routine preventative health visits, making them a difficult population to immunize. Health care providers can help increase vaccination rates by using every visit as an opportunity to immunize.

## Pre-diabetes and Diabetes News . . .

### **People with diabetes may lose twice as many teeth, study suggests**

CBS News (12/3, Marcus) reports on its website that a study published Dec. 3 in the CDC's Preventing Chronic Disease journal suggests that people with diabetes are twice as likely to lose teeth on average as those without the condition. The study reveals that although "tooth loss has dropped overall in the US over the past 40 years, people with diabetes remain much more vulnerable," with "black Americans with diabetes" being particularly "likely to lose teeth."

The Cerro Gordo County Department of Public Health has been named the fifth National Diabetes Prevention Program (NDPP) site in Iowa. The four other sites are Avera Holy Family Hospital in Estherville, Greene County Medical Center in Jefferson, Marshalltown YMCA-YWCA in Marshalltown, and West Lakes Hy-Vee, Inc. in West Des Moines.

### **Leisure-Time, Physical Activity and Risk of Type 2 Diabetes (Medscape)**

Physical activity has been suggested to reduce the risk of type 2 diabetes. However, evidence is limited regarding whether vigorous-intensity activity yields the same benefits in preventing type 2 diabetes compared with an equivalent dose of moderate-intensity activity as well as other type of physical activity. We examined the risk of type 2 diabetes associated with exercise intensity during leisure, occupational and commuting physical activity among Japanese individuals.

## What's new about



**Better Choices, Better Health**  
*Put Life Back in Your Life*

Better Choices, Better Health (also known as the Chronic Disease Self-Management Program) helps adults manage the symptoms of chronic diseases, such as arthritis, heart disease, stroke, asthma, lung disease, diabetes, osteoporosis, and other chronic conditions. This evidence-based program, developed by Stanford University, is held weekly for 2 ½ hours for six weeks at community-based locations in participating counties of Iowa. Costs are minimal--\$20 or less. The workshop sessions are taught by trained leaders in the community; many of whom also have chronic conditions. This creates an environment of mutual support, which builds participants' confidence in their ability to manage their health and lead active lives. PCPs and Care Managers can refer their patients. Check out the website to learn more: <http://idph.iowa.gov/betterchoicesbetterhealth>.





## Million Hearts® Initiative Update



### Million Hearts® Executive Director receives 2015 National Forum Chair Recognition Award

Each year, the National Forum for Heart Disease and Stroke Prevention recognizes individuals and organizations that have helped advance heart disease and stroke prevention efforts above and beyond the norm. This year, Million Hearts® Executive Director, Dr. Janet Wright, was recognized for her energetic national leadership and collaboration with the National Forum and its members.

### Funding awarded for new studies on hypertension disparities



A partnership between the Patient-Centered Outcomes Research Institute and NIH has granted awards totaling \$23.5 million for two studies focused on reducing health disparities related to uncontrolled high blood pressure. Read more about the Collaboration to Improve Blood Pressure in the US-Black Belt Addressing the Triple Threat Study and the Comparative Effectiveness of Health Systems vs. Multi-level Interventions to Reduce Hypertension Disparities study.

## The latest on the ABCS...



### A1c

### FDA approves cheaper version of popular insulin product

The AP (12/17) reports that the Food and Drug Administration approved Basaglar (insulin glargine injection), “a cheaper version of the world’s top-selling insulin from Sanofi for millions of US patients with diabetes.” Even though the medication “was tentatively approved by the FDA in August 2014, the launch was delayed by a patent dispute with Sanofi.” Reuters (12/17, Clarke) reports that Basaglar is the first insulin product approved by the FDA through an expedited review pathway based upon the similarity of the drug to an already approved drug.

## Aspirin Use

Do your clinic providers know if their patients are following the correct protocol for aspirin use?

## Blood Pressure Control and Management



### Severe shingles attack linked to increased heart risks for seniors

On its website, NBC News (12/16, Fox) reports that, besides being “nasty and extremely painful,” shingles cause strokes and heart attacks. A study, published in PLoS Medicine, of more than 67,000 Medicare patients who had a severe shingles attack found that “a 2.4-fold increased ischemic stroke rate and a 1.7-fold increased MI (heart attack) rate” in the first week after a shingles diagnosis. Researchers suggested this could be caused by the virus possibly “replicating inside the walls of the arteries, causing fatty buildups to break off and cause a stroke or heart attack,” or pain causing stress, which increases blood pressure. HealthDay (12/16, Mozes) reports that stroke risk rose “‘significantly’ for up to three months following a shingles diagnosis” but the risk for it and heart attack appeared to return to normal after six months.

### NYC votes to change requirements on sodium labels

The New York City Board of Health has made a historic amendment to a city health code, requiring quick-service and sit-down restaurants to add warning labels next to food items containing high levels of sodium.

### BCBS of Louisiana gets better health results

BlueCross and BlueShield of Louisiana’s Quality Blue Primary Care program is focused on helping primary care providers (PCPs) better manage their patients—particularly those with chronic conditions. One goal is to achieve 70% hypertension control among all patients in the program, which currently comprises nearly 180,000 patients among 656 PCPs. Data have already shown a 31% improvement on hypertension quality measures and a 40% improvement on vascular disease quality measures.

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## Cholesterol Control and Management



### **One in Five U.S. Kids Over Age 5 Has Unhealthy Cholesterol: CDC**

12/10/2015 Rates are much higher in obese children versus normal-weight, agency notes. Source: HealthDay

### **1 in 8 American Adults Still Have High Cholesterol: CDC**

12/01/2015 Many don't meet targets, and expert says even those targets aren't good enough to prevent heart attacks.

### **Statins may reduce the occurrence of strokes due to larger artery atherosclerosis**

Researchers examined whether pravastatin, a traditional statin widely used in the clinic, reduces the recurrence of strokes and respective subtypes in non-cardioembolic stroke patients. The study also examined whether the use of pravastatin favorably impacts the occurrence of other vascular events, and stroke-related functional outcomes were explored.

## Smoking Cessation



### **Smoking rate drops for adults in Iowa** December 14, 2015 by [Dar Danielson](#)

The latest America's Health Rankings report released showed Iowa moved up two spots to 22nd among the 50 states. One area of improvement was a decrease in adults who smoke.



## Plan Clinic Awareness Activities for Upcoming Health Observations:



### **Healthy Weight Week**

January 17-23

[www.fitwoman.com](http://www.fitwoman.com)

### **National Blood Donor Month**

[www.adrp.org](http://www.adrp.org)

### **National Birth Defects Prevention Awareness Month**

[www.marchofdimess.org](http://www.marchofdimess.org)

### **National Drug Facts Week**

January 25-31

[drugfacts@nida.nih.gov](mailto:drugfacts@nida.nih.gov)

### **Heart Month**

[www.goredforwomen](http://www.goredforwomen)

### **Wear Red Day**

February 5, 2016

### **Cardiac Rehabilitation Week**

February 14-20

[www.aacvpr.org](http://www.aacvpr.org)

### **Cardiovascular Professionals Week**

February 14-20, 2016

[www.acp-online.org](http://www.acp-online.org)



## New Resources for Healthcare Providers

### **Watch and share the heart age animated videos**

To promote the recent [Vital Signs](#) report on heart age, CDC released a short animated video in [English](#) and [Spanish](#) to spread the word that most U.S. adults have a heart that is older than their actual age.

### **Reach and maintain a healthy weight with the NIH Body Weight Planner**

The National Institutes of Health (NIH) Body Weight Planner provides personalized strategies on how to achieve your healthy weight goals. Watch this [video](#) to learn how to use the planner.

### **WEBINAR: Diabetes: Missing the Diagnoses**

Monday, January 11, 2016, 11:00 am – 12:00 Noon CT

What more can professional and advocates do to change the trend of recognizing the missed diagnosis of diabetes...before it is too late?

<https://attendee.gotowebinar.com/register/4527202114629331458>

### **What role does milk fat play in reducing the risk for cardiovascular disease and type 2 diabetes?** Dr. Gregory D.

Miller, PhD, MACN, helps health professionals understand the new evidence of saturated fat and whether it contributes to cardiovascular disease risk in this new video on [Midwest Dairy's YouTube](#) channel.

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## More New Resources for Healthcare Providers

### From Center for Science in the Public Interest,

here is a summary of the findings from a new White House report on effectiveness of the Supplemental Nutrition Assistance Program (SNAP). "SNAP improves health, academic and economic outcomes for children and families." This new evidence, "confirms SNAP is the cornerstone to alleviating food insecurity."

### **Great Op Ed in U.S. News and World Report -- *Prioritize Prevention in 2016***

By the Bipartisan Policy Center's Lisel Loy and Anand Parekh- "The next president will face a number of significant challenges that impede optimal health and well-being in this country. Prevention is a critical part of the solution, and it needs to be talked about as a first-tier issue by all presidential candidates."

### **Healthy Iowans input needed**

Over the next several months, IDPH will be coordinating the most comprehensive health needs assessment we have ever undertaken to identify Iowa's critical health issues. This is a first step in developing Healthy Iowans: Iowa's Health Improvement Plan 2017-2021. This statewide effort is designed to keep Iowans living longer, healthier, more productive lives and enjoying our rich, Iowa quality of life.

In addition to information obtained from the Community Health Needs Assessment and Health Improvement Plans (CHNA & HIP) and recommendations from nearly 200 stakeholder groups and advisory committees, **IDPH invites your involvement in the assessment.** A maximum of three recommendations may be submitted using the recommendation form posted on the Healthy Iowans website. **All recommendations are due by February 29, 2016.**

To sign up for more information about Healthy Iowans and related issues, send a blank e-mail to: [join-HealthyIowans@lists.ia.gov](mailto:join-HealthyIowans@lists.ia.gov).

### **Oral health reports released by IDPH**

The 2015 Burden of Oral Disease in Iowa report is now complete. The report was developed as part of an oral health surveillance plan strategy within the CDC Oral Disease Prevention Grant Project. In addition, the 2014-2015 School-Based Dental Sealant program update report has been posted. Iowa school-based sealant programs have seen a 42.6 percent increase in students served, a 40 percent increase in the number of students receiving dental sealants, and an increase in the number of Iowa counties served from 72 to 78 since the 2013-2014 school year.

### **Studies explore impact of diet on overall health and disease prevention**

TIME (11/3, Sifferlin) reports that two studies published in the November issue of the journal Health Affairs suggest that "maintaining a good diet is crucial to overall health and stopping deaths that are usually considered preventable." One study examined "cost-effective interventions that could lower childhood obesity," finding that "an excise tax on sugar-sweetened beverages, elimination of the tax subsidy for advertising unhealthy food to children, and nutrition standards for food and drinks sold in schools outside of school meals would pay for themselves through health care costs saved." HealthDay (11/3, Dotinga) reports that another study included about 34,000 people whose diets were tracked from 1999 to 2012 and found that "improved diets have significantly cut diabetes and heart disease, and even slightly trimmed cancer cases."

## **The Iowa Department of Public Health -- Health Promotion and Chronic Disease Control Partnership**



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